



Wellbeing Wednesday

Transitioning back into School after Lockdown

All the changes through the last year have been difficult for everyone to process but for children who sometimes find expressing their anxieties and frustrations verbally more challenging, processing their feelings on transitioning in and out of different school and home routines and going back to school can be particularly testing. Using music, drama and story activities can help by providing context and physicality to some complex situations.



The Emotianimal's Journey



A Music Therapy Idea to Support Transitions for Children aged 2 – 6

Items needed: a clear space a few different 'sets' of objects eg. Drums (could be pots/pans/tubs/tins), paper and pens, sheets/pillows/ blankets, wooden bricks, whistles and other instruments

In this activity you and your child will role play and play musically different 'Emotianimals' (emotion animals) to discover how the same journey can be taken in different ways and that you have a choice in how you take your journey.

IDEA: Position object sets around the space. Explain to your child that you are going on an adventure *but* they are going to go on the adventure as an Emotianimal such as the *Angry Lion*. Go together through your circuit when you get to each section ask your child how the angry lion will play with the drums/whistles/wooden blocks/blankets etc and play together in that way. Then ask your child to continue on your journey to the next station. When you've finished ask your child to go on the journey again but this time as the *Scared Mouse*, then the *Grumpy Gorilla* and the *Playful Puppy*. Finally ask your child to travel the path with you as themselves and to play as themselves.

At the end have a chat about the different Emotianimals that took the journey, did they all finish the journey? Maybe some took longer than others, but they all got there in the end? When you took the journey as yourselves were there any similarities to how the other animals played, maybe you played the drums like the *Angry Lion* but played with the blanket like the *Playful Puppy*?

As an additional activity maybe your child can create their own Emotianimals? Can they draw what their emotianimal looks like? We'd love to see them!